

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:15–11:15		Weekly housecleaning
11:15–12:15	CDR	Physical exercise (VELO+Load Trainer-1 / day 1)
	FE-1	Physical exercise (CEVIS)
12:15–13:15		LUNCH
13:15–13:45		Weekly planning conference (<i>S-band</i>)
14:30–14:50		CB/ISS crew conference (w/ Kent Rominger) (<i>S-band</i>)
15:05–15:25		Weekly conference with the Program Management (<i>S-band</i>)
15:50–16:05	CDR	Private psychological conference (<i>VHF</i>)
16:05–16:45		Maintenance of COЖ
16:40–16:45	FE-1	IMS auto export/import
		Physical exercise (RED)
16:45–18:15	CDR	Physical exercise (TVIS-1)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: 1. See OSTP for references to US procedures
 2. Task List: CDR: ГФИ-8 Earth Observations

End of radiogram